

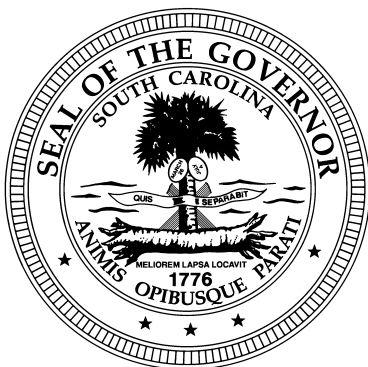
State of South Carolina

Governor's Proclamation

- WHEREAS,** *Healthy America*, an initiative of the Chairman of the National Governors Association, is designed to raise awareness about the urgent need for all Americans to live healthier, more active lives; and
- WHEREAS,** more than a quarter of all American adults are physically inactive, and 65 percent are overweight; and
- WHEREAS,** physical activity can greatly reduce the risk of many chronic diseases and health conditions, including hypertension, diabetes, heart disease, stroke, and some cancers; and
- WHEREAS,** overweight people at risk for developing diabetes can reduce that risk by 60 percent by becoming physically active for 30 minutes a day and losing a moderate amount of weight; and
- WHEREAS,** governors across the nation have been working on a wide variety of health reform-related issues to encourage wellness; and
- WHEREAS,** the Healthy South Carolina Challenge was designed to motivate the residents of the Palmetto State to make healthy lifestyle choices to help reduce the incidence of many chronic diseases impacting individuals and families across the state; and
- WHEREAS,** Healthy America Week is designed to be the start of a life-long commitment to making good decisions.
- NOW, THEREFORE, I,** Mark Sanford, Governor of the Great State of South Carolina, do hereby proclaim May 1 – 5, 2006, as

HEALTHY AMERICA WEEK

throughout the state and encourage all South Carolinians to commit to making healthier choices and being more active in order to achieve an improved quality of life.



A handwritten signature in black ink, appearing to read "Mark Sanford".

MARK SANFORD
GOVERNOR
STATE OF SOUTH CAROLINA